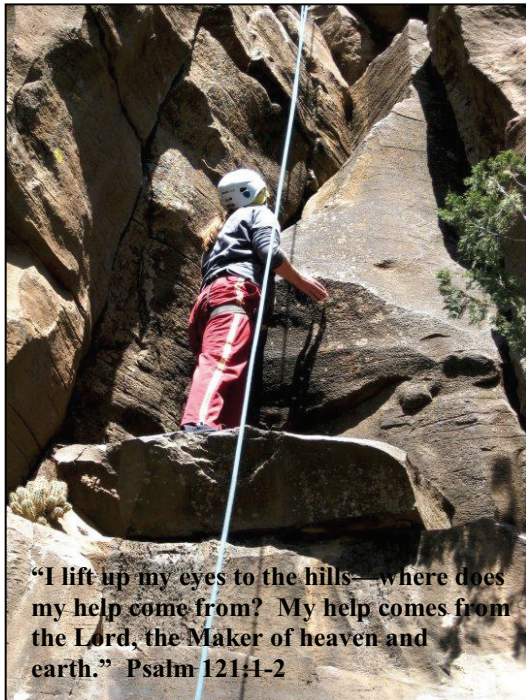


March 2010



"I lift up my eyes to the hills—where does my help come from? My help comes from the Lord, the Maker of heaven and earth." Psalm 121:1-2

Dearest Friends,

What comes to mind when you hear the word lifeline? Merriam-Webster describes it as, "something regarded as indispensable for the maintaining or protection of life." After a five-day spring break trip to Flagstaff, I like this definition. Our staff and students experienced a ministry called Lifelines. They use "the outdoors to help people grow in relationship with God, in relationships with each other, in character, and in leadership."

The staff of Lifelines guided us to engage in rock-climbing, hiking, snow shoeing, exploring caves, and paintball. Some of our students mustered up a lot of courage to try these activities (and I was shaking with fear initially as I clung to these massive rocks.)

The rewards far outweighed the risk, however. As we gave all we had in physical strength, we gained much more in spiritual growth. One student explicitly said that the risk was worth it; she recognized that "you got out of it what you put in." One lesson that Elizabeth continues to reflect on is trust. During a challenging hike, Elizabeth reached her limit and discovered that she needed help. The cacti-lined, rocky path left her feeling unable to keep up. But, instead of quitting, Elizabeth remembered what she had read in the Bible—that all things are possible with God's help. She found that she "can trust [her] brothers and sisters who kept sticking by [her] and wouldn't let [her] fall behind."



Staff and students from CSUF (plus one from Long Beach State and one from Chapman University)

I'm so proud of our students! They tried adventurous activities. Then, as we discussed how the exercises relate to life, they also shared struggles of all kinds. Please pray for continued learning, growth, and healing!

Grace and Peace,

Christina